

# Your Momma Raised Ya (aka "No Excuses")

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**Count:** 32

**Wall:** 2

**Level:** Improver

**Choreographer:** Keith Stewart, Northern Ireland 3rd March 2018.

**Music:** "No Excuses" by Meghan Trainor

## SECTION ONE - RIGHT & LEFT SIDE ROCK BEHIND SIDE CROSS.

- 1-2** Rock Right Foot To Right Side, Recover Onto Left Foot In Place
- 3&4** Step Right Foot Behind Left, Step Left Foot To Left Side, Step Right Foot Across Left
- 5-6** Rock Left Foot To Left Side, Recover Onto Right Foot In Place
- 7&8** Step Left Foot Behind Right, Step Right Foot To Right Side, Step Left Foot Across Right

## SECTION TWO - RIGHT & LEFT HITCH & POINTS, RIGHT & LEFT HIP ROLLS.

- 9&10** Hitch Right Knee Up, Step Right Foot In Place, Point Left Foot To Left Side.
- 11&12** Hitch Left Knee Up, Step Left Foot In Place, Point Right Foot To Right Side.
- 13-14** Roll Hips From Left To Right Counterclockwise, Taking Weight Onto Right Foot.
- 15-16** Roll Hips From Right To Left Clockwise, Taking Weight Onto Left Foot.

## SECTION THREE - RIGHT & LEFT ROCKING CHAIR WITH CROSS & POINTS.

- 17&18&** Rock Right Foot Across Left (To 10:30), Recover Onto Left Foot In Place, Rock Right Foot Back (To 4:30), Recover Weight Onto Left Foot In Place.
- 19&20** Step Right Foot Across Left, Touch Left Toe Beside Right, Flick Left Foot Back (To 7:30).
- 21&22&** Rock Left Foot Across Right (To 1:30), Recover Onto Right Foot In Place, Rock Left Foot Back (To 7:30), Recover Onto Right Foot In Place.
- 23&24** Step Left Foot Across Right, Touch Right Toe Beside Left Foot, Flick Right Back (To 4:30)

## SECTION FOUR -RIGHT TURNING JAZZ BOX, FULL TURN LEFT TRAVELLING FORWARD, WALK RIGHT LEFT.

- 25** Step Right Foot Across Left.
- 26-27** Make A ½ Turn Over Right Shoulder, Stepping Back ¼ Turn Right On Left Foot, Making A Further ¼ Turn Right Stepping Right To Right Side.
- 28** Step Left Foot Forward

- 29-30** Make A ½ Turn Left Stepping Back On Right Foot, Make A Further ½ Turn Left (Completing A Full Turn Left Travelling Forward) By Stepping Forward On Left Foot.
- 31-32** Walk Forward Right, Left.

**END OF DANCE!!!**

**TAG - 16 COUNTS, COMES IN AFTER EVERY WALL FACING THE FRONT, I.E. WALLS 1,3 & 5.**

- 1-4** Step Forward Right(1), Hold(2), Step Forward Left(3), Hold(4)
- 5-8** Step Forward Right Foot (5), Pivot ½ Turn Left, Taking Weight Onto Left Foot (6), Walk Forward Right (7) Left (8)
- 9-12** Step Forward Right(9), Hold (10), Step Forward Left (11), Hold (12)
- 13-14** Step Forward Right Foot(13), Pivot ½ Turn Left, Taking Weight Onto Left Foot(14)
- 15-16** Make A Full Turn Left, Either By Making A ½ Turn Left Stepping Back On Right Foot(15), And A Further ½ Turn Left Stepping Forward On Left Foot (16)

**OR STEP FORWARD ON RIGHT FOOT, AND MAKE A FULL SPIRAL TURN LEFT(15), FINISHING BY STEPPING FORWARD ON LEFT FOOT (16)(MY FAVOURITE PERSONALLY, STYLING WISE)**

**Please Enjoy This Dance, And Special Thanks To Imelda, Without Whose Input This Dance Would Have Been A Lot More Complicated And Potentially Much Less Enjoyable!!!**

**ANY QUERIES, PLEASE DON'T HESITATE TO CONTACT ME ON [KAYSTEW@HOTMAIL.COM](mailto:kaystew@hotmail.com)**